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## Health

**Winter Health** - Ski Smarter

**Winter Health** - Boost your Immune System

### Winter Health Ski Smarter

The snow on the mountains is a calling card to those who enjoy winter outdoor recreation. To get the best out of your alpine experience, here are some useful tips.

Get fit to ski, and you will find that you will have a far more enjoyable ski holiday with less chance of suffering injuries from sprains or strains, and fatigue. Skiing and snowboarding are physically demanding sports that require flexibility, strength, endurance, speed and quick reflexes.

Good preparation is the key to injury prevention, and it is advisable to start your training programme 6 weeks before your planned trip. Getting fit to ski:

Your physiotherapist can help design a progressive program consisting of specific exercises to work on ski fitness. These include cardiovascular fitness, strength, flexibility and balance/co-ordination.

#### **Cardiovascular Fitness**

A strong cardiovascular system will improve your skiing stamina. Cycling and running are good outdoor options. If you workout at a gym, make use of the bike, rowing machine, cross-trainer, treadmill and stepper.

#### **Strength**

It is essential to have strong quadriceps and hamstring (thigh), gluteal (buttock) and calf muscles when skiing.

#### **Flexibility**

Flexibility in your muscles will decrease the likelihood of pulling or straining a muscle if you have to perform a sudden manoeuvre. It will also prevent soreness and stiffness after a long day of skiing.

#### **Balance**

Strengthening your "core" muscles is the key to stabilising your body and providing protection for your spine during activity. A strong core provides the platform for good balance and improved co-ordination.

#### **Correct gear:**

- Seek professional advice when choosing or hiring equipment, to ensure that the equipment to ski with is suited to your skill level and size.
- Your clothing, including gloves, should be waterproof and breathable. Dress in layers.
- Have your boots professionally fitted, especially if you wear orthotics.
- Protective headgear is recommended.

#### **At the slopes:**

- Check the snow and weather conditions before heading for the slopes.
- Choose a slope that suits your level of fitness and competence.
- It is advisable for novices to undertake lessons when arriving at the snow fields.

- Wear SPF 30+ broad spectrum sunscreen and sunglasses.
- Ensure that you inform someone where you intend to ski, and for how long.
- Children should always be accompanied by a responsible adult.
- Take regular rest periods, keep hydrated and eat to maintain energy levels.
- Never ski under the influence of alcohol.
- A useful website with regard to safety on the slopes is [www.ski-injury.com](http://www.ski-injury.com).

Your Physiotherapist can help prepare your body physically for your ski trip. The Physiotherapist can teach you the appropriate exercises and stretches required for skiing. They can advise you on available "Get Fit to Ski" programs.

For further information call **St Ives Physiotherapy & Sports Therapy Centre on 9144 1118**.

**Located in the Loft, Level 3, St Ives Shopping Village.**

Email: [enquiry@stivesphysio.com.au](mailto:enquiry@stivesphysio.com.au)

[www.stivesphysio.com.au](http://www.stivesphysio.com.au)

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#### Hidden Danger Surrounding Kid's Feet

Support and enhancement of the immune system is perhaps the most important step in achieving resistance to disease and reducing susceptibility to colds, influenza viruses and cancer. Supporting the immune system involves a health-promoting lifestyle, stress management, exercise, diet, and the appropriate use of nutritional supplements and herbal medicines. Recurrent or chronic infections only occur when the immune system is weakened. Under such circumstances, there is a repetitive cycle that makes it difficult to overcome the tendency toward infection: a weakened immune system leads to infection, infection causes damage to the immune system, which further weakens resistance. Enhancing the immune system can break this cycle.

#### Arna Force

ArnaForce is a comprehensive formula combining the herbal and nutritional ingredients Andrographis, Echinacea, Olive leaf, Vitamin C and Zinc. It has been scientifically formulated to provide relief of symptoms and decrease the duration of upper respiratory tract infections, bronchial cough and colds. ArnaForce supplies nutritional support for healthy immune function.

#### Mushroom 6

Mushroom 6 is Australia's first therapeutic PSK mushroom complex. It also provides other mushrooms which have been used in traditional Chinese medicine to support immune function, including reishi (also reishi) mushroom, which has additionally been shown to increase antioxidant activity.

#### Immune Defence

Can help to relieve symptoms of the common cold including sore throat, runny nose, sinusitis, phlegm and persistent coughs, headaches and ear aches by helping to improve immune system function.

**All available at McFadden's Pharmacy, Shop 43, Lower Level, Phone 9144 7011.**

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